

Creating Your Ideal LifeVision

by Ann Webb

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What is an Ideal LifeVision?

An Ideal LifeVision is a minutely detailed personal mission statement, a declaration of intent, or manifestation that includes *The 5 Key Areas of Your Life*.

1. *Spiritual*
2. *Relationships*
3. *Health and Physical*
4. *Professional and Financial*
5. *Personal Development*



Your LifeVision is first created in writing either on paper or with a computer on each of *The 5 Key Areas of Your Life*. It is then fine-tuned until it feels complete and represents a genuine expression of your ideal life. Your LifeVision is then recorded using your own voice; your own voice is your most believable voice. Specific music is added to the background. The finished recording is then downloaded onto your iPod or a CD. You then listen to your recorded LifeVision daily.

The process of listening daily to the ideal life you are creating is incredibly powerful. It is a cause in motion that literally activates and attracts the things you desire into your life. Your recorded LifeVision puts your ideal life on the front burner daily, thus integrating these dreams and aspirations into your life swiftly and efficiently.

By listening to what your ideal life looks and feels like daily, you begin taking steps in that direction immediately. Because of the unique recording method used with LifeVision even when daydreaming or not particularly listening to your LifeVision, your subconscious mind still hears it and responds. Because of the unique recording method used with LifeVision even when daydreaming or not particularly listening to your LifeVision, your subconscious mind still hears it and responds.

By listening each and every day you are focusing on what you want. The gap between where you currently are and where you want to be will narrow. By listening daily to the person you are becoming, your beliefs about yourself will begin to change. These beliefs will in turn create habits; begin to give way to new beliefs, thus creating new habits. LifeVision is a tool that allows you to change your beliefs and actions resulting in the creation of the life you desire.

When creating your LifeVision, there are important questions to answer to attract the best results. What is your motive or the “Why” for the goal you want to achieve? What is the “How” “Where” and “When” of specific goals, what is the action plan?

The unique implementation system of *Ideal Life Vision* is a combination of elements required to make it effective:

- First, write your goals for each of *The 5 Key Areas of Your Life*.
- Record your words to accelerated learning music, allowing your brain/mind to be in an Alpha or meditative state.
- Listen to your recorded LifeVision daily.
- Revise your LifeVision as goals are reached.

Although writing a LifeVision can seem daunting at times, it can be accomplished swiftly and with ease if taken a step at a time. It won't be long before you are well on your way to living the life of your dreams. You will be provided with step-by-step instructions on how to craft your own personal Ideal LifeVision.

Some people when first receiving this program can't wait to explore all of the information in one sitting. Although it is good to get an initial overview, it is important to proceed through the following steps and writing exercises using your journal or computer to create the most effective LifeVision.

The 8 Steps to Creating Your Ideal LifeVision

As you move through life, you discover more about yourself and the life you truly want to live. You will find that as you implement the things you write in your first LifeVision, those things will come to fruition, your goals will be reached and your dreams will be granted. You will find that you want to create more abundance and dream even bigger. Your first LifeVision is only the beginning of a life-long refining process that allows you to live on path and live on purpose.

The key to discovering your ideal life is to get the process in motion. Create your initial LifeVision as quickly as possible, set a goal to finish writing your LifeVision and record it within a month. The sooner you finish the sooner you will be able to start using it to generate the incredible results in your life you have been waiting for.

Don't worry that what you created it is not good enough, or that you shouldn't have put this or that into it. Don't let doubt or fear creep into your thoughts. Don't be tempted to short change yourself. Just get the ball rolling by beginning and continue to make steady progress. Keep these things in mind as you envision your happiest and most fulfilled life.

I am Worthy ~ I am Capable

Step #1 - Identify Your Goals

Decide which area of life you would like to focus on first. Many find that starting with the area that will be the most comfortable or the easiest to write is the best area to begin with. As you become familiar with the process of writing each section, the harder areas of your life will not seem as daunting or overwhelming.

Sometimes there can be some *baggage* attached with one of the areas of your life, perhaps in the areas of finance or relationships. You may feel *stuck* with a health issue such as weight challenges. You may find these seemingly impenetrable blockades prohibit forward thinking or forward motion causing our brain to temporarily shut down. It would then be helpful to pick an area that doesn't carry with it baggage, guilt, or shame. Those things you can work out later. For now it is time for you to get excited about what you can start working on right now.

Now, start to brainstorm about how you would like your life to look like in the area that you have chosen. Remember this is your LifeVision created by only you.

Now create a list of things in each of the *5 Key Areas of Your Life* that you would like to develop or improve upon. These are your initial thoughts about each area of your life; there are no right or wrong answers. This list doesn't need to be perfect or even in complete sentences. Bullet points work just fine for this activity. Complete a list for each of *The 5 Key Areas of Your Life*.

Your Spiritual LifeVision

Your Relationships LifeVision

Your Health and Physical LifeVision

Your Professional and Financial LifeVision

Your Personal Development LifeVision

Here are some examples for Health and Physical area of your life.

Health and Physical:

- make healthier eating choices
- wear a size 8
- participate in a triathlon
- stop smoking
- upgrade my wardrobe
- drink more water
- use better products on my skin
- exercise daily
- lift weights
- get regular check ups
- drink more water
- learn to cook healthy meals
- get enough sleep

- eliminate caffeine
- stop eating sugar
- sign up for a dance class
- have a flat stomach

Step #2 - Dig Deeper

Look at your list and ask yourself about each of the things you have listed... "What do I mean by that?" Make the answer clear enough that you know *exactly* what you mean. Keep asking yourself questions... "What else do I mean by that?" Keep asking the same question until you have answered all you can and can go no further.

Here is an example using the bullet point - learn to play the harp listed in the Personal Development area.

- ***learn to play the harp***

Ask Yourself: How am I going to learn to play the harp?

Answer: Take lessons from Cynthia Douglas

Ask Yourself: Where will I get a harp?

Answer: Rent a harp from Lyon and Healy for 6 months while I save the money to buy a harp in December

Ask Yourself: How much time can I dedicate to practicing?

Answer: Practice everyday for 1 hour

Ask Yourself: Would I like to perform with my harp?

Answer: I would like to play in church

Ask Yourself: What would I like to learn to play?

Answer: Learn 15 songs from memory including 3 songs from Phantom of the Opera

Step #3 - Turn the Expanded Details Into Sentences.

In this step, take your answers to “*What do I mean by that?*” and turn them into sentences. These sentences should reflect exactly what you want to accomplish and should be a visualization of the ideal you. Your brain cannot lock onto a goal unless the goal is clear and specific. Your brain thinks in pictures.

Example

I take weekly lessons from the renowned Cynthia Douglas and love the sound of my new Troubador rental. I can't wait to practice every morning at 10:00 am. I practice each song 3 times along with my scales. By July I am ready to play in church! I have learned 15 songs from memory by August. For Christmas I purchase my dream Celtic harp.

Step #4 - Find Your Motive

Sprinkled throughout your expanded sentences or paragraph should be your motive. Simply put, your motive is “*WHY*” you want what you have just written. Typically your motive is how it will *feel* to accomplish that particular goal.

Visualize yourself as if you have already reached your goal and describe how you feel having already attained it. This exercise is crucial in the success of your LifeVision. Your motive or “*WHY*” is the real power in your LifeVision. You are reprogramming your expectations and this takes powerful, emotional motives to accomplish. If you can't identify a powerful motive, then your goal is either not stated clearly enough, or it is not as important as you thought.

Ask these questions...

- *“Why do I want this?”*
- *“How will I feel when I have accomplished this?”*
- *“Why is this important to me?”*

Dig deep enough to find your real and true desire for wanting to accomplish this goal. The authentic reason for wanting to accomplish a specific goal may take

some deliberate and honest heartfelt thinking to discover. Take the time to find out your **“Why”** is, it will make all the difference in the world.

Here is a sentence/paragraph example coming from the bullet points ~learn to play the harp. The **“Why”** or Motives are highlighted.

Example

I love being a harpist. I take weekly lesson from the renowned Cynthia Douglas and love the sound of my new Troubador rental. ***The harp is an amazing instrument. The strings resonate within my heart creating peace and healing.*** I can't wait to practice every morning at 10:00 am. I practice each song 3 times along with my scales. By July I am ready to play in church! I have learned 15 songs from memory by August. For Christmas I purchase my dream Celtic harp. ***The peaceful songs bring a calming influence into my home.***

Step #5 - Check For Negative Statements

It is common when thinking about the goals we want to achieve to state those goals from a negative approach. We may write them from a perspective of what we *don't want*. Check your writing for any phrases or sentences that reveal a negative tone such as: *“I never want to” or “I don't” or “I shouldn't.”*

Here are some examples of sentences that contain seemingly innocent phrases. The negative triggers are highlighted.

- In my relationship with others, I am ***never critical.***
- I ***avoid gossip*** and being ***judgmental.***
- I have ***given up smoking.*** I ***never eat processed foods or white sugar.*** Because I exercise, I ***don't have love handles anymore and my joints don't hurt.***

Your brain sees in pictures, in this example all your brain sees is ...smoking, processed foods, white sugar, love handles, and joints that hurt!

Be careful with your word choices. You do not want to attract what you don't want. Attract what you do want into your life by choosing your words consciously. Replace any negatives words or phrases with a positive words and phrases such as: *“I always” “I do” “I am committed to”* Mind/Brain science clearly shows that

we are far more motivated by a powerfully positive reward or outcome than avoiding a negative one.

Example

I love myself so I am careful about what I put into my body. I remember to take my vitamins daily and recognize the benefits of supplementing my body properly. Each morning I enjoy a green drink with protein powder and fresh fruits and greens. I enjoy many fresh fruits and vegetables throughout the day as well. I have discovered new salads and ways to season my vegetables to liven them up. I eat a variety of foods high in protein including small amounts of meat and whole grains. I drink plenty of water. I always carry a water bottle with me so that I can stay hydrated.

Step #6 - Write In The First-Person

Your LifeVision is your map or guide for your own ideal life. No one else will be looking at it, reading it or listening to it so there is no reason for it to contain instructions for anyone else. Unfortunately, you cannot control the actions of others or rely on them to make your goals and ideals a reality. However, you can change your own reactions and responses to any given situation or person. By declaring how you will view or treat another person, regardless of the way they treat you, the outcome and ripple effect can be powerful enough to instigate the change you desire.

Example

Instead of writing: *“My husband treats his family with respect.”*

Substitute: *“By showing respect to my husband, he likewise shows respect for others.”*

The difference between the sentences is *your* connection and involvement. Your LifeVision is about *you* and the variation in the second sentence makes that connection.

Step #7 - Develop Your Action Plan

Some goals require a *“Where” “When” “By When” or “How”* to fully achieve that goal. While your goal and your motives are particularly important, the action

plans details, the “How” “Where” and “When” will be needed to add to the *visualization*. These actions are essential to the accomplishment of your goals and aspirations. When your actions are in alignment with your intentions, results will happen.

Here is an example using a bullet point from the Health and Physical life area:

- ***participate in a triathlon***

This is the Action Plan of this particular goal:

I participate in 3 triathlons in this summer: Echo, Jordanelle, and Ogden. I medal in at least 2 of them. My times are all under 3 hours. From May 1 to Sept 15 I spend a minimum of 12 hours per week training. I work out 6 days a week from 6:00 am until 8:00 am. I have a detailed workout that I have designed and I keep a log of my progress. I love to push my body. I am kind to it and it serves me during competitions. M-W-F I swim 1 mile and run 6.5 miles. T-Th-S I ride my bike 25 miles and then run 30 minutes with the goal of increasing my distance each week. I love training and love the feeling of accomplishment I get when I cross the finish line. I feel very athletic.

Sometimes you don't know the particular “How” something will occur. An example of this may be that you are planning to land a job in the communications industry. You know that you want to be a reporter for a news station, but you're not exactly sure which station, or even what city. All you know is that it's really important to you. In this case you would just be *very* specific about the details of what you love about your job as well as the motive or “Why”. Affirm it in the present tense, as if it were already accomplished and let the Universe line up the rest.

Another note: Be careful not to overload your LifeVision with too many “How” “Where” “When” “By”. Be selective in including action steps and calendaring activities. There are a variety of task managers available that can assist you in creating the “Where” “When” and “By” of any goal you wish to reach.

Step #8 - Write In The Present Tense

Check your LifeVision sentences and statements to make sure they are written in the present tense. It's quite common to slip into writing in the past or future.

Review your final version and look for any sentences or phrases that are not written in the present tense and change them for maximum effectiveness.

Example

Instead of writing: *“I will make \$100,000 by December 31.”*

Substitute: *“I make \$100,000 by December 31.”*

Instead of writing: *“We went to the Bahamas in March.”* or *“We are going to the Bahamas in March.”*

Substitute: *“We go to the Bahamas in March.”*

Creating Your Spiritual LifeVision



The instinct within each of us recognizes our God-given gifts. At our essence, at our core, in our quietest moments, we can embrace the greatness that lies within each of us. Our true nature and relationship to this greatness and to the rest of existence defines our own unique spirituality. Each individual finds their spiritual connection and beliefs in their own way, to all it is blissful, natural, and unmistakable.

Whatever your own spiritual core beliefs, values or traditions may be, spirituality is found at the center of the *Wheel of Life*. The axle or the heart and soul of all areas of our lives radiate from this our spiritual core. If our spiritual center is non-existent or is not functioning properly any other movement of the *Wheel of Life* will be slowed or halted. The wholeness of our ideal life is built upon our spiritual beliefs.

The spiritual area of our life can be created with the desire and intent of honoring our own unique Namasté. Every one of us is here for an important reason, we were all born with unique gifts and talents, not just some of us but all of us. No

no one else can dance your dance; no one else can sing your song. The teachings of this ancient word will help define our own spirituality and gifts as well as honoring the gifts of others on our journey.

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Create Your Spiritual LifeVision

Creating Your Relationship LifeVision



We have the opportunity to develop many kinds of relationships with Family, Friends, Extended Family, Children, Spouse, Companion and Colleagues. Enjoy the opportunities to express true kindness to all that you meet or currently have relationships with. Developing strong and genuine relationships provide companionship or a shoulder to cry on, or a partner to laugh with, or people to collaborate with.

The need and desire for relationships are universal, we were all meant to cultivate and enjoy many relationships and as we create synergy within the human race, abundant joy, purpose, and serenity will resonate.

The organic desire to nourish a relationship with another is an intrinsic reminder that we are all here to help, love, and serve each other...to be a constant support and a gentle haven of kindness to one and all on our journey and path. When we recognize the divine and simple understanding that we are all more alike than we are different, it is then that we have truly understood the reason for our existence.

There are several types of relationships that can be included in the Relationship section of your LifeVision. These will vary according to your specific situation. Here are some thoughts and examples of relationships you may want to include in you Relationships LifeVision.

Spouse: We search the world over to find a perfect mate...one with whom we can share mutual love, acceptance, success, failure, solace, and satisfaction.

One with whom we intend to share the rest of our life. Sometimes, not long after marriage before we find ourselves caught up in the busyness of life. We begin concentrating on what we want to accomplish individually instead of focusing on the most important part of our marriage...our spouse.

Tending to this relationship through communication, appreciation, and sharing feelings is vital. Include in your Relationships LifeVision how you see the perfect relationship with your spouse. This is the section where you can be incredibly outward focused. Because this LifeVision is about *you*, it will include all the things that you can *BE* and *DO* to be the perfect mate.

What if you're not married? Well....do you want to be? If so, consider this sample that incorporates *attracting* the perfect companion into your life.

"I have the perfect companion who I love unconditionally. She is so beautiful. We share the same love for health, outdoor activities, personal development and spirituality. We have a deep connection physically, emotionally and spiritually. We share the same financial philosophies and abundant paradigm. She is kind and generous. She is so supportive of my sobriety, which makes it easy for me to focus my energy on love and happiness in our relationship. We are supportive of each other's businesses and the principles that we teach our clients. We push each other to excel and grow in life and business. We compliment each other and make each other better. We have the perfect combination of independence, freedom, respect and reliance in our relationship. She loves me for who I am. We have engaging conversations where we teach each other exciting things that we are learning in our lives. Each week we have a scheduled "date night" where we go out to a nice dinner, movie or enjoy a fun activity together. This allows us to spend quality time together, focusing on us as a couple. She is my best friend. I attract this person by exemplifying all of these qualities in my own life."

Children: Spending quality time with their children is a goal of many parents. We must create...not find....time for our children. As part of the Relationship section of your LifeVision, if you have children, powerfully suggest to your mind through your writing all the ways you can be a better parent; spending more time together, showing love and affection, training and teaching, and supporting.

This section regarding children may start with a general section. This may include the kind of a parent you want to be for your child. Next, write a small paragraph for your child or each child, mention them by name. In this paragraph, state a few qualities about this child that you particularly admire. This helps your mind focus on the positive aspects of the child. Then, write several sentences about what you can do to be a good parent along with anything specific you would like to work on in the relationship. Be careful not to write statements that describe the

kind of child you want them to be, but rather the kind of parent you want to be that will inspire them to be productive and happy individuals.

Extended Family: Include aspects of relationships with siblings; parents, grandparents and aunts/uncles/cousins that you feel would be appropriate. This is especially fitting if the relationship is strained and needs a new perspective to create the ideal bond.

Social- Friends, Colleagues and Peers: The social relationships we enjoy with our peers, friends or colleagues are essential. The benefits and value of these relationships bring are reciprocity and commitment between individuals who see themselves more or less as equals. These relationships can provide an emotional resource both for having fun and support in times of worry or sadness. Invite these relationships into your life.

When writing this section, describe yourself as a warm, loving, vulnerable, approachable, open and authentic person and watch the miracles happen in your life. You can write this section with a broad stroke of what you would like these relationships to look like or specifically name someone you would like to build or strengthen a friendship with. Include the ways you would like to be with these social relationships. You can also include here any social skills you would like to develop. For example: If you are shy or introverted, visualize yourself as being confident in social situations. Maybe you'd like to be a better conversationalist or be great at remembering names. You can become anything you visualize clearly and in detail.

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Create Your own Relationship LifeVision

Creating Your Physical and Health LifeVision



When you're healthy you have more energy to enjoy and experience more in life. You are more effective and productive in your professional life. You find it easier to maintain good relationships with those you love and care about; life's experiences are more rich and full. Good health is the start of all success and joy in your life.

Some people go through life not taking responsibility for their own health. They drift along until something goes wrong then it is off to the doctor to get it fixed. Taking charge of our health is essential in creating the optimal health required to accomplish all that we desire in life.

The practice of eating a variety of healthy foods provides the proper balanced nutrition necessary for the body. The protective and vital nutrients found in healthy foods help to prevent illness and disease.

Exercise has many health benefits as well; such as increasing your fitness level and helping you lose weight. An important and welcome benefit of exercise is that exercise can improve your mood and give you a general feeling of well-being. This is because of endorphins. Endorphins are a powerful hormone-like substances produced in the brain that function as the body's own natural painkillers. During exercise, there is a release of endorphins in the body that are capable of producing feelings of euphoria and a general state of well-being.

When your body is allowed to perform at its peak, it will provide a high level of strength and energy, emotional balance, a lean body that moves freely, and a sharp and nimble mind. Your strong healthy body has the ability to fight off disease and illness. You only have one body, so look after it and treat it well. Jim Rohn teaches, *"Take care of your body. It's the only place you have to live."* By setting effective physical fitness and health goals, you'll maximize your life span and enjoy your life more too.

Take the time to research different exercise programs and if needed, weight-loss programs. Ask friends and family for recommendations on programs that have

been successful for them. Read a variety of books on the subject that appeal to you.

Embrace the idea that you can improve your health. Act “*As If*” your subconscious mind does not know the difference between what is imagined and what is real. Eventually, you will begin to think in a new and different way. As you regularly tell yourself daily through your LifeVision about the good eating and exercise habits you have, the reality transforms you. Be dedicated and committed when creating your ideal health. Once your mind is convinced you are a disciplined slim person, it starts directing you to act like that person. You begin to believe that you have control of your food intake, you love to exercise and people love to be around you.

In this Health and Physical section of your LifeVision, it is important to include as many details and motives as possible. Be specific about weight; pant size, heart rate, body fat, and other measurements. Be specific about the actual ideal with all its details; include the specifics of the plan of action. Detailed eating programs while trying to lose weight are very effective. Works out schedules are also appropriate and encouraged with the details of duration, intensity, and frequency.

If ever a motive and a big “*WHY*” were needed, it would be for this section. Because of mental or emotional baggage we may carry with regard to our physical body it is critical to counter that with the many positive reasons we want this change. *Why do we want to have an ideal body? What difference would it make in our lives? How would we feel?* Expanding on the answers to these questions is imperative as the basis for our motive.

If you are especially ambitious and want to participate in a sports event such as a triathlon or marathon, include your training schedule in your LifeVision, even if it's just for part of a year. Name the event and month it is held and your desired outcome in terms of awards or time.

This Health and Physical section also includes anything regarding our physical body such as posture, poise, hair, nails, and wardrobe. Making mention of these items can often be the icing on the cake.

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Create Your Physical and Health LifeVision

Create Your Professional/Financial LifeVision



The joy of doing what you love that will also allow you to provide income is often a challenge to find and achieve. To be successful in finding and achieving that combination, you have accomplished what James A. Michener describes as The Art of Living

“The masters in the art of living make little distinction between their work and their play, their labor and their leisure, their minds and their bodies, their information, their recreation, their love and their religion. They hardly know which is which; they simply pursue their vision of excellence at whatever they do, leaving others to decide whether they are working or playing.”

~James A. Michener

Many sacrifices are often required to achieve this balance. The need to provide income for you and your family will not always be easy. The opportunity to do what you love and to be compensated for it will often have challenges, it may be difficult, you may feel discouraged at times and feel like giving up on the work, the purpose and the talents you were designed for. Emerson teaches, *“Every wall has a door.”*

Success in the real world does not come by wishing for it or waving a magic-wand. It most often comes from hard work, persistence, being grateful for employment and the importance of choosing how passionate you are about enjoying each day. The importance of how important passion is to success is essential in allowing ourselves to be *Masters in the Art of Living*.

This section of the LifeVision involves your career and your money, how you earn money and how you manage your money. As with everything else presented in this program, financial success also starts in the mind. What thoughts and attitudes do you hold about your career and your finances? You have to first decide what you want; you then must believe that what you want is possible and that you deserve it. Then focus on those things that you want by visualizing them as if everything you desire is already yours that all that you wish for is a current reality.

Many people are often limited by their own beliefs about money and by the question of whether or not they deserve it. Prior to writing your Professional and Financial LifeVision, it is imperative that you turn around your limiting beliefs about money. Challenge those limiting beliefs.

If you are thinking about money in a negative way or in a way that you are always lacking remember your brain sees in pictures, if you are constantly telling yourself you do not have enough money or you never will have the money you want that is exactly what will be attracted into your life. It is important to change the way you view money. T. Harv Eker describes this well.

There is a secret psychology to money. A lack of money is not the problem; it is merely a symptom of what's going on inside you.

Get very clear on what you would like. Acknowledge that you are deserving of what you desire. Write your LifeVision as if what you desire is your current reality. If you have had the habit of thinking in a negative sense, create a positive shift in your thinking.

- *Your Current Belief: "The genes aren't right in my family to accumulate wealth."*
- *Shift Your Belief: "Starting with me, there is wealth in my family. I have mastered financial and money-making skills that I have passed on to my children."*

If you currently struggle with finances and wealth accumulation, this is now the time and the opportunity for change. You can now write in your LifeVision that you are re-inventing your beliefs, thoughts and actions that will propel you to financial success.

The following is a list of affirmations used by Jack Canfield in his book *The Success Principles*. These are helpful to think about or to incorporate when writing your own Career and Financial LifeVision.

- *God is my infinite supply, and large sums of money come to me quickly and easily for the highest good of all concerned.*
- *I now have more money than I need to do everything I want to do.*
- *Money comes to me in many unforeseen ways.*
- *I am making positive choices about what to do with my money.*
- *Every day, my income increases whether I am working, playing or sleeping.*
- *All my investments are profitable.*

- *People love to pay me money for what I most enjoy doing.*

When you are writing and recording affirmations in your LifeVision, it is not uncommon in the beginning to become aware of competing thoughts such as “Yeah right! You’re never going to be rich.” or “You have to have money to make money and I don’t have money!” When this occurs, close your eyes and release that thought and the emotions that accompany it. It may take a bit of time and practice, but be patient and honor the process of change and you will begin to change your beliefs and emotions regarding money.

Begin your Professional and Financial LifeVision with a paragraph describing your new beliefs about money.

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My new beliefs on money and abundance are changing my financial picture. I deserve to be wealthy, prosperous and affluent. My business is one of the pipelines through which I tap into the infinite wealth of the Universe. I use my money wisely. I enjoy creating value for people. My clients value my expertise and services and pay promptly without hesitation. I always have enough money for all of my needs and all of my wants. I have money saved in secure accounts that allow me to have peace of mind for my future.

—

As you begin the Professional section of your LifeVision, first determine if you are working at your ideal career.

Are you doing what you want to professionally? If not, it’s time to work this out through dreaming, journaling, visualizing and then writing it in your LifeVision. It may feel a bit overwhelming, but it can be accomplished if taken one step at a time.

If you are currently doing what you want to be doing professionally, but know there is something more, a next step to take to progress your career, ask yourself: Where would you like to be in the next year? In 5 years? In 10 years? What actions will be necessary to move things forward to reach those goals? Do you need additional education? Who can I begin networking with? Who are the people I need to start connecting with that are experts in the area I want to pursue? Can I improve my interpersonal or communication skills? Can I improve my leadership skills? What resources can I begin learning from that will increase my knowledge in the career I desire?

Consider these things and write the clearly defined answers to them as you write your Professional LifeVision. Keep in mind that your words will reflect the

professional life you are creating or have created. Write your words as if these things are a current reality.

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Write your Professional/Financial LifeVision

Creating Your Personal Development LifeVision



The Chinese say, “*Continue to learn in the journey of life.*” When we continually advance our intellectual and personal development we also invite these powerful benefits.

1. Personal Development helps to keep our mind sharp. Research has shown that the beneficial effects of life-long learning on the brain are many including improving memory, especially as we grow older. Just like our body requires exercise to stay fit, our brain requires exercise to remain healthy. The best way to improve your memory, keep your mind sharp and developing reasoning and cognitive skills is to continually learn something new.
2. Personal Development invites us to gain confidence by taking on the challenge of stepping out of our comfort zone or routine by learning something new. As we continually strive to learn, we become more confident in our ability to learn and to share the information with others. We are then able to gain confidence in our selves, who we are and what we have to offer.
3. Personal Development helps to develop our interpersonal skills. Learning new things occur both while learning independently as well as learning with others that share our same interests. The opportunity to socialize with others while learning can help improve our interpersonal skills. When we are learning, we are engaged in life. Sharing what we know with others enhance our relationships.

4. Personal Development furthers our career opportunities and aspirations. Continuous learning enhances the skills we already have and provides the opportunity to learn a new skill or trade, improving your chances of career growth and advancement. The more you know about your company, the industry, and current events, the more valuable your skills are to any organization.

5. Personal Development increases our ability to communicate by sharpening the skills of reading, listening and writing. These skills are essential to our ability to communicate. Communication is such a vital part of our daily lives. By enhancing these skills, we improve our ability to communicate effectively in our personal and business lives.

Life-long learning opens many doors in our lives. This section of your LifeVision covers both intellectual and personal development.

Intellectual Development is the specific things we want to learn in this life. Include in your LifeVision specific academic achievements you would like to accomplish. For example: Graduating from college, obtaining an Advanced degree or a certification are just a few. Learning a foreign language, how to run technical programs on the computer or studying from a compiled reading list are other ideas.

Personal Development is the spice of life. The other sections of the LifeVision are the structure of which we build our lives upon, but personal development and improvement are like the icing on the cake. This is one of the most enjoyable sections of your LifeVision. Here is where we make plans to learn a new instrument, take voice lessons, and learn to paint or draw, write poetry, or enter a photography contest. In this area we can choose to become more organized, learn to speak in public, expand your vocabulary. The possibilities are unlimited. Let your imagination run wild as you open new doors to discover your authentic self.

Watch Video

Create Your Personal Development LifeVision

Recording Your Ideal LifeVision

In the *olden days* when you wanted to record your LifeVision, it was done the archaic way of using a cassette recorder. I recorded my first LifeVision using my children's Fisher Price tape recorder! But what a task! With new technology, there are now several ways to record your LifeVision and add music with ease. Some find that recording their LifeVision becomes intimidating and delay their recording or even worse, do not record at all. You want to get your LifeVision in action and make things start happening now. These are some popular options for recording, complete with instructions to help you on your way to living your most ideal life.

1. Use Garage Band if you have an Apple Computer
2. Use Audacity - a free recording tool you can download from the internet
3. Use the Voice memo recorder on your smart phone
4. Purchase The Vision Guider ****easiest method for just \$19.95** (includes 250 songs - 80 Baroque!) Downloads onto your computer and you will have it for the life of your computer! THIS IS A NO-BRAINER (fastest and easiest way with 80 appropriate songs!!)

<https://qu945.infusionsoft.com/app/manageCart/addProduct?productId=110>

If you have any problems with the installation or the Vision Guider program, please go to <http://www.gotvision.com/help2.php> for technical support.

Here are a list of songs from the Vision Guider that are perfectly appropriate for your Ideal LifeVision (or find them on iTunes)

- Bach – Sheep may Safely
- Bach – Air on G String
- Pachelbel Cannon in D
- Handel Minuet BereniceHandel Harp Concerto 6-2
- Handel Harp Concert 6-3
- Handel Water Music Air 1
- Handel Water Music Sarabande
- Handel Water Music Minuet

- Vivaldi – Autumn
- Vivaldi – Spring

Listening to your LifeVision

Listen to your Ideal LifeVision once a day if possible (at least 5 X per week). Also you must revise often so that it is relevant and you love listening to it.

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If you are interested in the **COMPLETE Ideal LifeVision Home Study Course** please check the Mentor Store.

Ann also offers an **Ideal LifeVision Coach Certification Course** if you are interested in adding this tool to your coach “toolbelt” or if you want to become a Life Coach and use her program. Please check the Mentor store for this as well.

More information about Ann’s Humanitarian efforts: <http://globallifevision.com>

To contact Ann Webb: [ann.webb@ideallifevision.com](mailto:ann.webb@ideallifevision.com)

## More information about Ann Webb



Ann Webb, a speaker, coach, and trainer is best known as “The LifeVision Expert” and has coached thousands of successful entrepreneurs in getting crystal clear in both their business and personal visions resulting in more money, better relationships, and improved health & fitness.

Ann is the author and creator of the “Creating Your Ideal LifeVision”, a revolutionary Home Study Course that has helped thousands of people start living their Ideal Life.

She also certifies Life and Business coaches to use Ideal LifeVision as a tool and process in their own businesses. As a humanitarian, Ann is also the President of Global LifeVision, a humanitarian outreach program that involves facilitating adventures for those that want to serve and make a difference in developing countries. She regularly takes expeditions to teach, train and serve in Africa and India.